

Variable	Mean	SD	Min	Max	Median	Q1	Q3	Mode	Skewness	Kurtosis	Normality
Age	35.2	12.5	18	65	32	28	38	35	0.15	2.1	0.95
Gender	0.52	0.50	0	1	0	0	1	0	-0.02	3.2	0.98
Marital Status	0.68	0.48	0	1	0	0	1	0	0.05	2.8	0.96
Education	12.5	2.5	8	16	12	11	13	12	-0.10	2.5	0.97
Income	4500	1500	1000	10000	3500	2500	5000	4000	0.20	2.3	0.94
Occupation	1.2	0.8	0	3	1	0	2	1	-0.05	3.0	0.97
Health Status	0.75	0.43	0	1	0	0	1	0	0.08	2.9	0.96
Stress Level	3.2	1.5	1	5	3	2	4	3	-0.12	2.6	0.97
Life Satisfaction	4.1	1.2	1	5	4	3	5	4	-0.08	2.7	0.97
Resilience	2.8	1.0	1	4	3	2	4	3	-0.10	2.5	0.97
Optimism	3.5	1.1	1	5	3	2	4	3	-0.09	2.6	0.97
Emotional Stability	3.8	1.0	1	5	3	2	4	3	-0.11	2.4	0.97
Self-Esteem	3.6	1.1	1	5	3	2	4	3	-0.10	2.5	0.97
Life Purpose	3.9	1.2	1	5	3	2	4	3	-0.09	2.6	0.97
Gratitude	3.7	1.1	1	5	3	2	4	3	-0.10	2.5	0.97
Forgiveness	3.4	1.2	1	5	3	2	4	3	-0.11	2.4	0.97
Empathy	3.6	1.1	1	5	3	2	4	3	-0.10	2.5	0.97
Compassion	3.5	1.2	1	5	3	2	4	3	-0.11	2.4	0.97
Kindness	3.7	1.1	1	5	3	2	4	3	-0.10	2.5	0.97
Generosity	3.8	1.2	1	5	3	2	4	3	-0.11	2.4	0.97
Patience	3.6	1.1	1	5	3	2	4	3	-0.10	2.5	0.97
Humility	3.5	1.2	1	5	3	2	4	3	-0.11	2.4	0.97
Modesty	3.4	1.1	1	5	3	2	4	3	-0.10	2.5	0.97
Shame Avoidance	3.3	1.2	1	5	3	2	4	3	-0.11	2.4	0.97
Self-Compassion	3.6	1.1	1	5	3	2	4	3	-0.10	2.5	0.97
Transcendental Meditation	3.5	1.2	1	5	3	2	4	3	-0.11	2.4	0.97
Vipassana Meditation	3.4	1.1	1	5	3	2	4	3	-0.10	2.5	0.97
Transcendental Meditation	3.3	1.2	1	5	3	2	4	3	-0.11	2.4	0.97
Vipassana Meditation	3.2	1.1	1	5	3	2	4	3	-0.10	2.5	0.97
Transcendental Meditation	3.1	1.2	1	5	3	2	4	3	-0.11	2.4	0.97
Vipassana Meditation	3.0	1.1	1	5	3	2	4	3	-0.10	2.5	0.97
Transcendental Meditation	2.9	1.2	1	5	3	2	4	3	-0.11	2.4	0.97
Vipassana Meditation	2.8	1.1	1	5	3	2	4	3	-0.10	2.5	0.97
Transcendental Meditation	2.7	1.2	1	5	3	2	4	3	-0.11	2.4	0.97
Vipassana Meditation	2.6	1.1	1	5	3	2	4	3	-0.10	2.5	0.97
Transcendental Meditation	2.5	1.2	1	5	3	2	4	3	-0.11	2.4	0.97
Vipassana Meditation	2.4	1.1	1	5	3	2	4	3	-0.10	2.5	0.97
Transcendental Meditation	2.3	1.2	1	5	3						

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Gender	0.52	0.50	0	1	0	0	1	0	-0.02	3.2	0.98
Marital Status	0.68	0.47	0	1	0	0	1	0	0.05	2.8	0.96
Education	12.5	2.1	8	16	12	11	13	12	-0.10	2.5	0.97
Income	1500	500	500	3000	1200	800	1800	1000	0.20	2.3	0.94
Occupation	1.2	0.8	0	3	1	0	2	1	-0.05	3.0	0.99
Health Status	0.75	0.42	0	1	0	0	1	0	0.08	2.9	0.97
Stress Level	3.5	1.2	1	5	3	2	4	3	-0.12	2.6	0.96
Life Satisfaction	4.2	0.8	3	5	4	4	4	4	-0.03	2.4	0.98
Resilience	2.8	0.9	1	4	3	2	3	3	-0.08	2.7	0.97
Optimism	3.8	1.0	2	5	4	3	4	4	-0.05	2.5	0.98
Emotional Stability	3.2	0.7	2	4	3	3	3	3	-0.02	2.3	0.99
Self-Esteem	3.5	0.8	2	4	3	3	3	3	-0.01	2.4	0.98
Life Satisfaction	4.2	0.8	3	5	4	4	4	4	-0.03	2.4	0.98
Resilience	2.8	0.9	1	4	3	2	3	3	-0.08	2.7	0.97
Optimism	3.8	1.0	2	5	4	3	4	4	-0.05	2.5	0.98
Emotional Stability	3.2	0.7	2	4	3	3	3	3	-0.02	2.3	0.99
Self-Esteem	3.5	0.8	2	4	3	3	3	3	-0.01	2.4	0.98